

ARMY STARRS

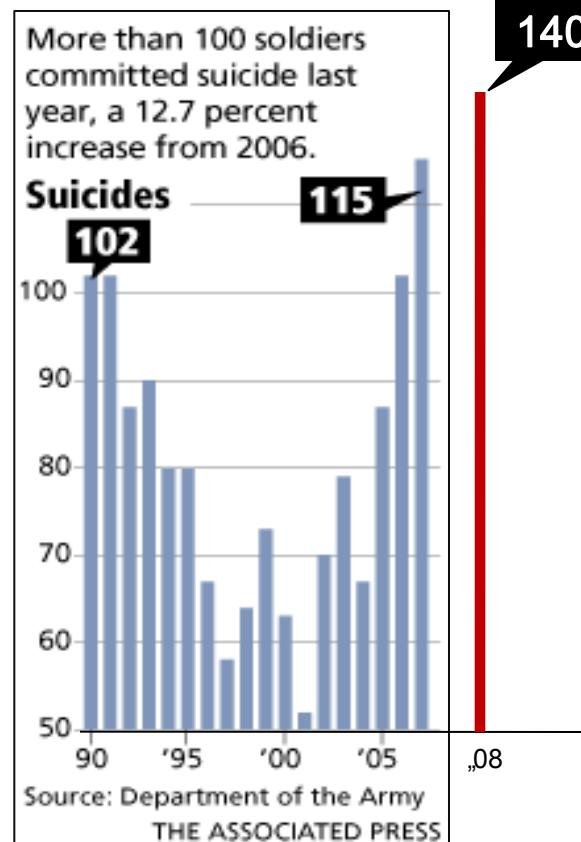
Army Study to Assess Risk and
Resilience in Service members

Robert K. Heinssen, Ph.D., ABPP
Acting Director, Division of Services and Intervention Research
National Institute of Mental Health



Report Documentation Page			Form Approved OMB No. 0704-0188	
<p>Public reporting burden for the collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington Headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to a penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number.</p>				
1. REPORT DATE DEC 2009	2. REPORT TYPE	3. DATES COVERED 00-00-2009 to 00-00-2009		
4. TITLE AND SUBTITLE Army STARRS. Army Study to Assess Risk and Resilience in Service Members			5a. CONTRACT NUMBER	
			5b. GRANT NUMBER	
			5c. PROGRAM ELEMENT NUMBER	
6. AUTHOR(S)			5d. PROJECT NUMBER	
			5e. TASK NUMBER	
			5f. WORK UNIT NUMBER	
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) National Institute of Mental Health, Division of Services and Intervention Research, 6001 Executive Blvd, North Bethesda, MD, 20852			8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)			10. SPONSOR/MONITOR'S ACRONYM(S)	
			11. SPONSOR/MONITOR'S REPORT NUMBER(S)	
12. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release; distribution unlimited				
13. SUPPLEMENTARY NOTES The Second Annual Trauma Spectrum Disorders Conference: A Scientific Conference on the Impact of Military Service on Families and Caregivers, 10 Dec 2009, Bethesda, MD				
14. ABSTRACT				
15. SUBJECT TERMS				
16. SECURITY CLASSIFICATION OF: a. REPORT b. ABSTRACT c. THIS PAGE unclassified unclassified unclassified			17. LIMITATION OF ABSTRACT Same as Report (SAR)	18. NUMBER OF PAGES 13
19a. NAME OF RESPONSIBLE PERSON				

Suicide Deaths in U.S. Army 1990-2008



Jelinek, P., Army suicide rates at record high. *Associated Press*, 5/30/2008

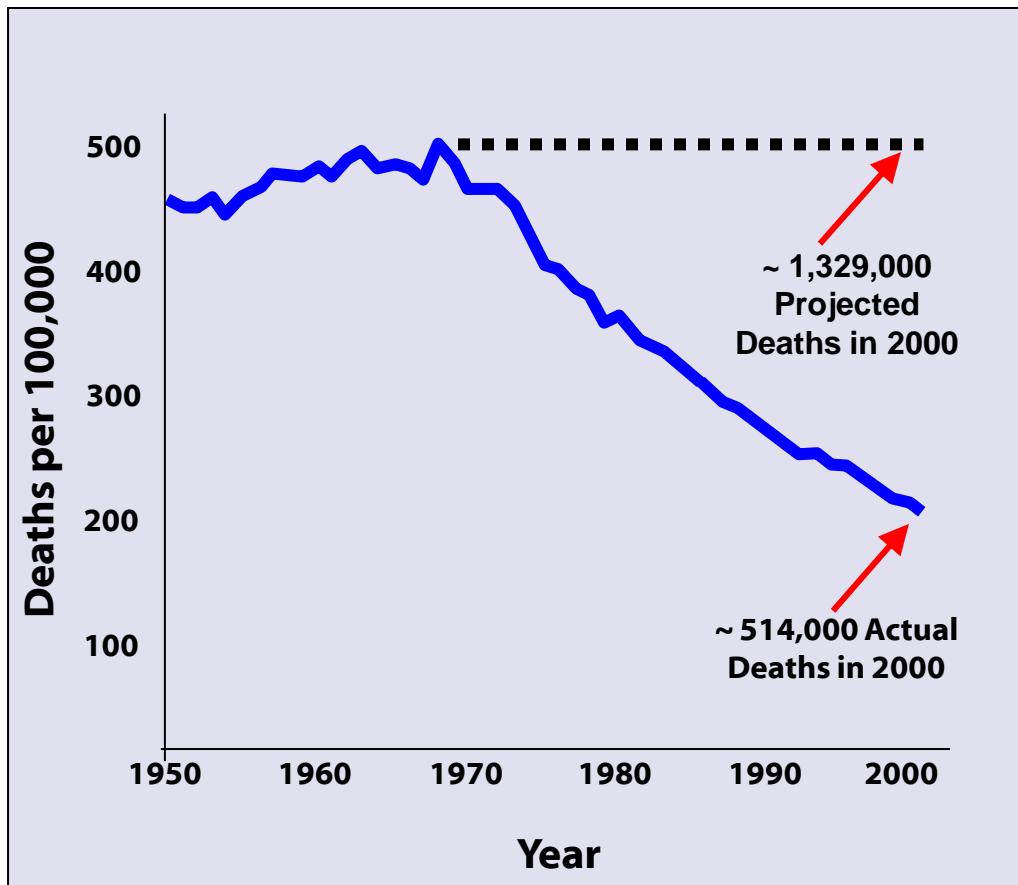
Army News Service, <http://www.army.mil/-news/2009/03/31/19022-army-vice-chief-addresses-suicide-rate-across-army/>, March 31, 2009

Purpose of Army STARRS

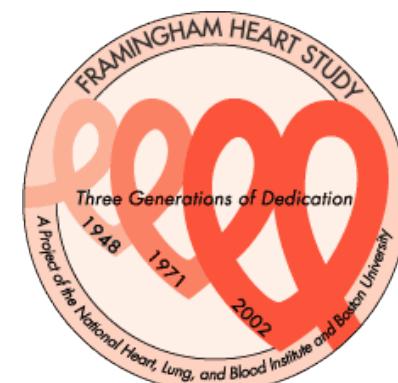
“The ultimate goal of this study is to develop data-driven methods for mitigating or preventing suicide behaviors and improving the overall mental health and behavioral functioning of Army Personnel during and after their Army service.”

- Identify salient risk and protective factors
 - Genetic, neurobiological, cognitive features; social support, training experiences, cumulative stressors, triggering events
- Inform development of empirically-derived interventions
 - Target malleable risk/protective factors in intervention and prevention trials conducted in real world settings
- Deliver “actionable” findings rapidly
 - Interim data analyses, adaptive research design, iterative approach to signal detection and confirmation

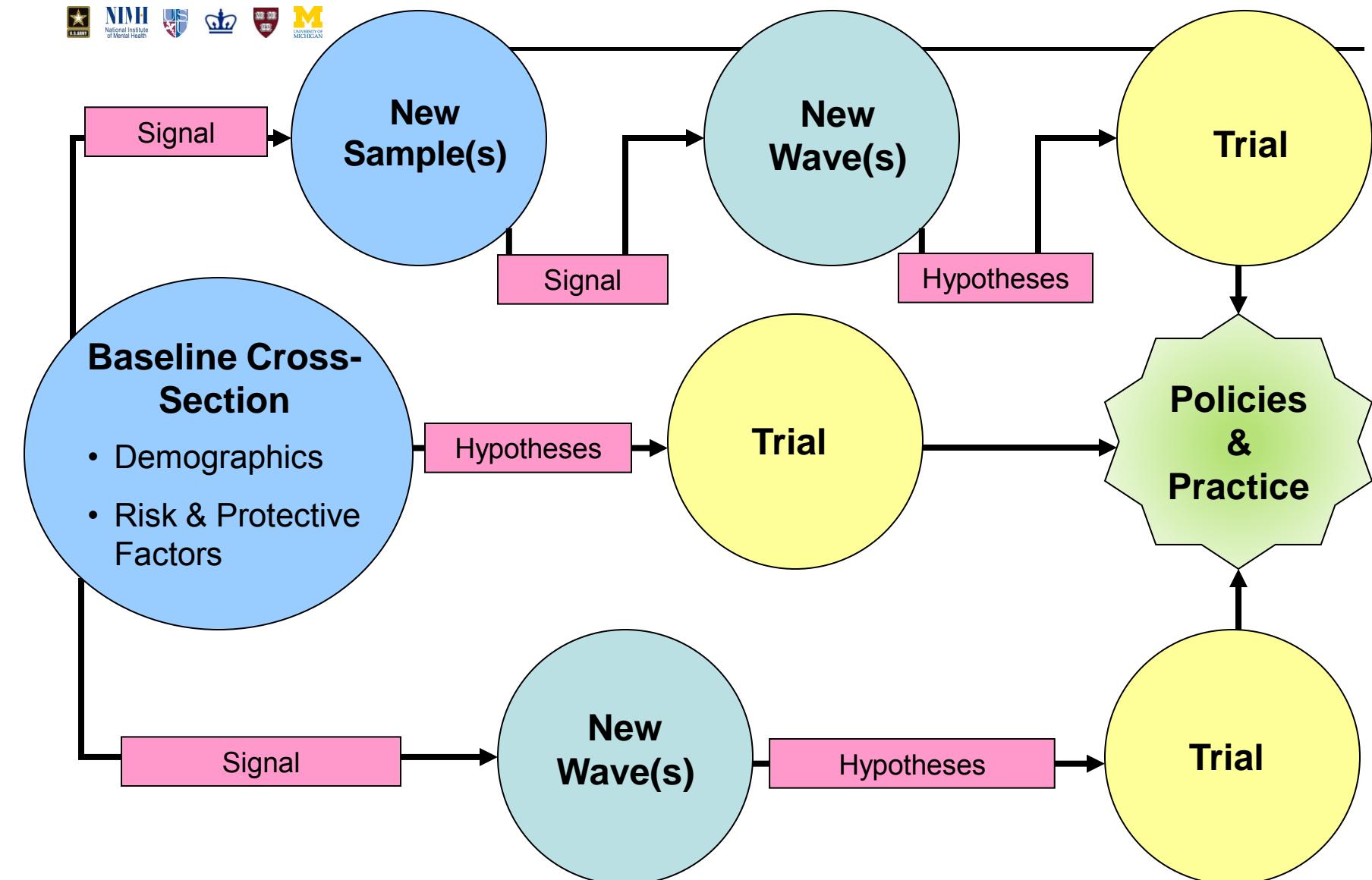
Impact of Risk and Protective Factor Research on Heart Disease Mortality



- 63% decrease in mortality
- ~ 1 million premature deaths/year averted
- \$2.6 trillion in economic return
- New, effective treatments and prevention strategies

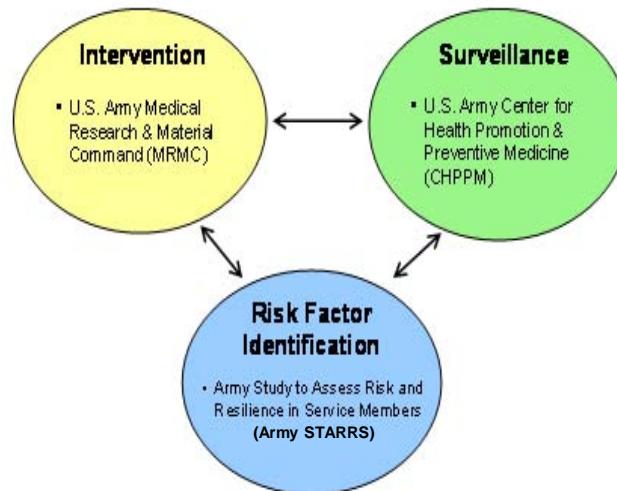


Translational Epidemiology Research



Army STARRS Overview

- Cooperative Agreement Research Project (U01)
- \$50 million Total Costs for 5-year project period
- Equal emphasis on risk and resilience factors related to suicidality and mental disorders, and behavioral health
- Integration and coordination of efforts with relevant U.S. Army research and public health surveillance agencies



ARMY



Army STARRS Investigators

Robert Ursano, M.D., Principal Investigator

- Uniformed Services University of the Health Sciences

Ronald Kessler, Ph.D.

- Harvard University

John Mann, M.D.

- Columbia University

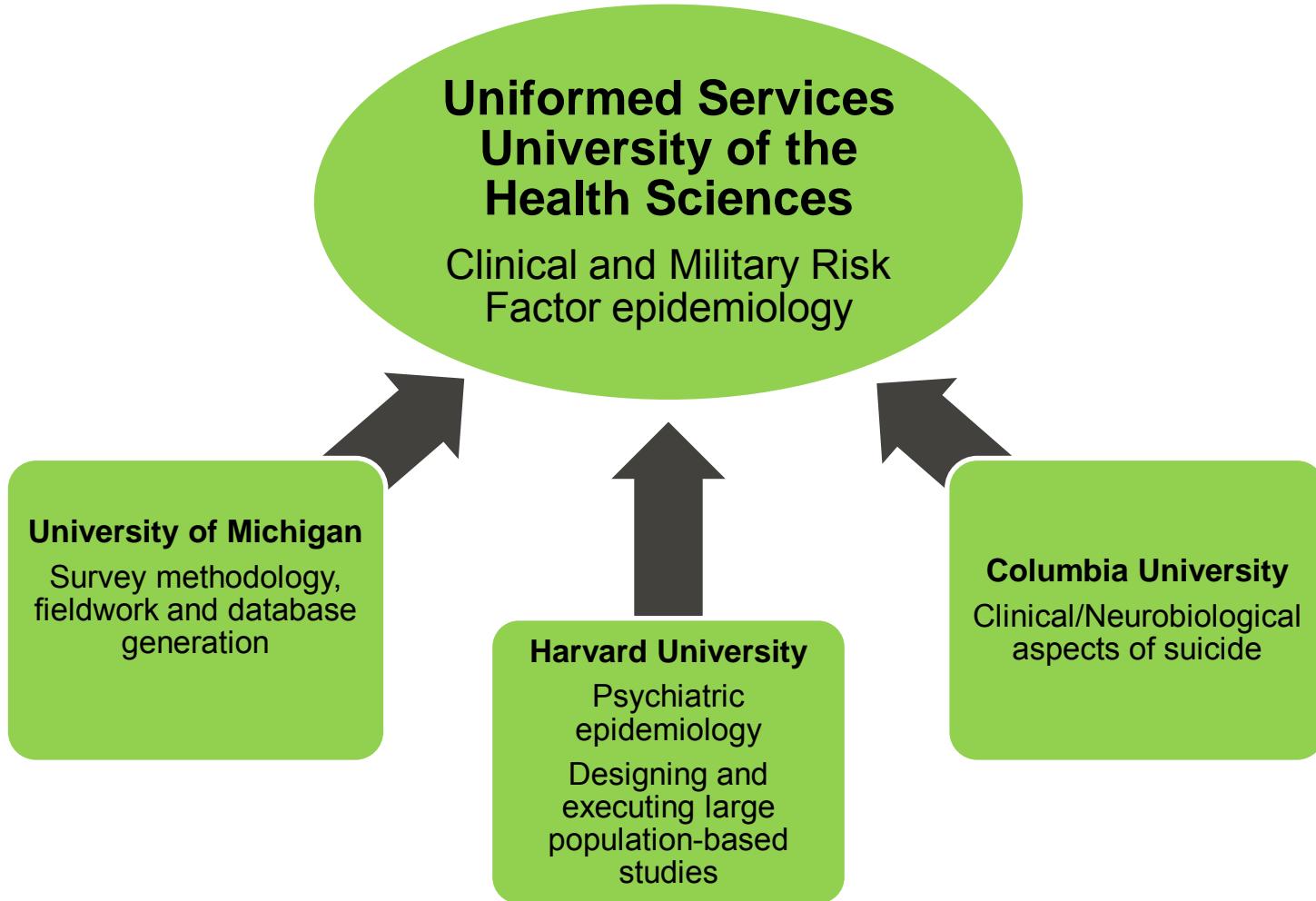
Steven Heeringa, Ph.D.

- University of Michigan, Ann Arbor

U.S. Army and NIMH Scientists

- U.S. Army Public Health Command (Provisional)
- NIMH Division of Services and Intervention Research

Consortium Expertise



Scientific Activities

- Historical analysis of Soldiers with and without suicidal behavior since 2004 (using all data available on Active Duty Soldiers, 2004-2009)
- Representative sample of 90,000 Active Duty Soldiers, including mobilized Reserve and National Guard Soldiers, will be surveyed
- Census of new recruits in 2010, 2011, & 2012 (~80,000 – 120,000 Soldiers per year)
- Longitudinal follow-up of 15,000 Soldiers selected on the basis of particular risk/profile characteristics

Special Features

- Feedback loop between retrospective data analysis, case control studies, and prospective surveys
- Family-member and unit leadership informants to provide additional information about social and environmental context (culture/cohesion/stress)
- Evaluation of current and future Army suicide prevention and treatment interventions
- Exploration of potential neurobiological risk and protective factors

Timeline and Deliverables

Start Up Tasks	Initiation of Data Collection (2010)										Interim Analyses	
	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	
16 July 2009 →												
Acquisition of civilian data (NCS-R) Army weighting information (TAIHOD) Data analysis and summary		Analysis of Civilian Data										30-Nov-2009
Institutional Review Boards (IRB) Data use agreements Security plan/clearances Information Assurance Audit Obtain approval to receive data Review of ASER/DoDSER methodology			Analysis of Army Administrative Data (February 2010)									15-May-2010
			All Army Surveys (April 2010)									15-Aug-2010
Institutional Review Boards (IRB) Information Assurances Sample Design Contact protocols Data use agreements Questionnaire development Cognitive testing of questionnaires Sample prepared for data collection Cases and Controls identified for contact				Case Control Studies (June 2010)								15-Feb-2011
					Reception Week Surveys (September 2010)							15-Jan-2011
						Coordination with MHAT-VII (Spring 2010)						Fall 2010
							In-Theatre Surveillance (October 2010)					15-Feb-2011
								Longitudinal Follow-Up Surveys (October 2010)				15-Feb-2011

<http://www.nimh.nih.gov/health/topics/suicide-prevention/suicide-prevention-studies/army-study-to-assess-risk-and-resilience-in-service-members-army-starrs-a-partnership-between-nimh-and-the-us-army.shtml>

NATIONAL INSTITUTES OF HEALTH

NIMH National Institute of Mental Health
Transforming the understanding and treatment of mental illness through research

RSS Feed (What's RSS?) Topic Finder Print this page Search NIMH: GO

NIMH Home Health & Outreach Research Funding Science News About NIMH

Back to:

Army Study to Assess Risk and Resilience in Service Members (Army STARRS): A Partnership Between NIMH and the U.S. Army

The Army Study to Assess Risk and Resilience in Service members (Army STARRS) is the largest study of suicide and mental health among military personnel ever undertaken. Army STARRS will identify — as rapidly as possible — modifiable risk and protective factors related to mental health and suicide. It also will support the Army's ongoing efforts to prevent suicide and improve soldiers' overall wellbeing.

Beginning in 2001, the suicide rate among soldiers rose significantly, reaching record levels in 2007 and again in 2008 despite the Army's major prevention and intervention efforts. In response, the Army and NIMH partnered to develop and implement STARRS, with Army funding. [More <<](#)

[View the Warning Signs of Suicide](#)

For More Information:

- Questions and Answers on Army STARRS
- The NIMH Director's Statement on the Tragedy at Fort Hood
- [!\[\]\(c4301e21ded683ce22d97efab46be321_img.jpg\) Vodcast Discussion on Trauma](#)
- The Pentagon's *Armed with Science* interview with Dr. Robert Heinssen, November 18, 2009, [Episode 44](#) and transcript

Press releases and updates

The National Institute of Mental Health (NIMH) has announced that an interdisciplinary team of four research institutions will carry out the largest study of suicide and mental health among military personnel ever undertaken, with \$50 million in funding from the U.S. Army. [More <<](#)

NIMH and the U.S. Army have entered into a memorandum of agreement (MOA) to conduct research that will help the Army reduce the rate of suicides. NIMH Director Thomas R. Insel, M.D., Army Secretary Pete Geren, and Army Chief of Staff Gen. George W. Casey Jr. signed the MOA on October 23, 2008. [More <<](#)

U.S. Army Star Logo

Suicide Prevention Resources

24-hour National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
Veterans can call the Lifeline and press "1" to be routed to the Veterans' Suicide Prevention Hotline
En Espanol: 1-888-628-9454

Military OneSource: 1-800-342-9647
24-hour resource for military personnel and their families on a variety of topics including health, legal and family concerns

National Suicide Prevention Lifeline
What to do if You Think a person is Having Suicidal Thoughts (wallet card)
SAMHSA's Mental Health Services Locator

Science News about Suicide Prevention

Evidence-Based Prevention is Goal of Largest Ever Study of Suicide in the Military
Recovery Funds Will Support Evaluation of Suicide Prevention Training
Black Teens, Especially Girls, at High Risk for Suicide Attempts
[More Science News about Suicide Prevention...](#)

Featured Publications about Suicide Prevention

Older Adults: Depression and Suicide Facts (Fact Sheet)
A brief overview of the statistics on depression and suicide in older adults, with information on depression treatments and suicide prevention
Date: 2003

Suicide in the U.S.: Statistics and Prevention
A fact sheet of statistics on suicide with information on treatments and suicide prevention.
Date: 2009

[More Publications about Suicide Prevention...](#)

Suicide Prevention Research

www.NIMH.NIH.GOV/ArmySTARRS



ARMY

STARRS



Questions?
For further information:

Robert Heinssen, Ph.D, ABPP

rheinsse@mail.nih.gov

or

ArmySTARRS@mail.nih.gov